



(03) 423 0550



Lincoln & Districts
Community Care
Association Inc.

(03) 325 2007

PROGRAMME

Sept - Dec

Monday

Sept 5th

Aerobics

12th

Down the Middle

Morning Tea

19th

Aerobics/Tai Chi

26th

Trio

Oct 3rd

Duo

10th

Aerobics

24th

LABOUR DAY - NO CLASS

31st

Ball Games

Nov 7th

Dyna Bands

14th

Around the Room = Testing

21st

Cards

Morning Tea

28th

Aerobics

Dec 5th

Aerobics

12th

Trio/Strength

Christmas Lunch

19th

Clocks

Last Day for the year is 19th December

First Day for 2023 is Monday 15 January





PROGRAMME

Sept - Dec

Thursday

Sept 1st	Aerobics
8th	Cards
15th	Dyna Bands
22nd	Round the ROOM
29th	Trio

Oct 6th	Aerobics	Blue
13th	Sports Circuit (Main Hall)	
20th	Aerobics	
27th	Duo	

November 3rd	5 mins Bike
10th	Aerobics
17th	4 Corners = 100
24th	Cardio/Circuit

December 1st	Ball Games	
8th	Aerobics	
12th	Clocks	Tinsel
15th	Dyna Bands	

Friday

All Friday classes will offer Aerobics & Balance

November 11th Canterbury Anniversary **NO CLASS**

Last Day for the year is 19th December
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